



Hathai! Yoga: A Fusion of Hatha and Thai Yoga

Keith Roseman, Kathryne Greaves Lopez

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Hathai! Yoga: A Fusion of Hatha and Thai Yoga Keith Roseman, Kathryne Greaves Lopez This fusion of Hatha Yoga and Thai Yoga shows teachers and students how to go more deeply into the postures. Great for individuals and small groups. Beginners to seasoned practitioners can enjoy and benefit from "hands-on" yoga.



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